**STANDARD 11: CAPSTONE PROJECT: A culminating project is required for each student at all grade levels (9 – 12)**

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| **GRADE** | **PROJECT TITLE** | **DESCRIPTION OF PROJECT:** | **LENGTH OF PROJECT** | **# STUDENTS SERVED** |
| 9 | Mayors’ Fitness Challenge  Health Fair & Healthy Lifestyle Contest | Created the fitness challenge logo  Created print advertisements including posters, rack cards and flyers  Created the brochure for the Challenge | 3 weeks | 53 |
| 10 | Mayors’ Fitness Challenge  Health Fair & Healthy Lifestyle Contest | Created mock commercials for the fitness challenge  Filmed and took pictures of the Fitness Challenge Banquet  Photo montage of the contest  Highlight video of the contest | 3 weeks | 22 |
| 11 | Mayors’ Fitness Challenge  Health Fair & Healthy Lifestyle Contest | Created the website and the social media advertising  Wrote press releases about the challenge  Help host Health Fair | 8 weeks | 30 |
| 12 | Mayors’ Fitness Challenge  Health Fair & Healthy Lifestyle Contest | Involved with planning the Event with meetings with the New Smyrna Mayor  Help create the contracts for vendors and contestants  Obtained vendors for the health Fair  Obtained contestants for the Healthy Contest  Hosted and ran the Health Fair  Created a database of contestant data  Help create and implement a Cardio Training program for contestants | 12 weeks | 30 |
| The inaugural **Mayors’ Fitness Challenge** started in Southeast Volusia County in the cities of New Smyrna Beach and Edgewater. Our Mayors, Adam Barringer and Mike Thomas, have created this challenge for our community to live a healthier lifestyle. The goal of this challenge is to encourage, as well as support, all individuals in our communities who want to improve their health & fitness. In addition to improving individual’s physical health, it will instill a greater sense of pride in our communities.  Our Mayors offered two ways to help the community meet this challenge in 2011. A community health fair kicked-off the event for the Healthy Lifestyle Contest, which was held Saturday, January 15, 2011 from 10 am till 3 pm at the City Gym. During the health fair, an orientation took place for all participants in the Healthy Lifestyle Contest, which was a 90-day challenge to improve one’s health and reduce unwanted body fat.  The Mayors’ Health Fair was open to all members of our community, where they will received health screens and educational information on wellness. The health fair was comprised of a variety of vendors and exhibitors that educates the community on all aspects of health, wellness, fitness and lifestyle improvements. Advertisements promoting the event ran in local newspapers, businesses and online. | | | | |